



Serves: 4

Water Chestnut and Sweet Corn Dessert

Ingredients

- Water chestnut, chopped 200g
- Whole kernel corn from can, drained 80g
- White fungus 40g
- Gingko nuts, boiled 20g
- Barley, boiled 20g

Syrup

- Water 2¼ cup
- Sugar 80g
- Cornflour 5 tsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.

Method

- In a sauce pot, bring water to boil. Add all ingredients and simmer for 15 minutes.
- Mix cornflour with 2 tbsp water.
- Add sugar and cornflour mixture to thicken.
- Serve warm or cold.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 203kcal

Protein 2.2g

Total fat (g and % of total calories)
0.4g (1.6%)

Saturated fat 0.07g

Cholesterol 0mg

Carbohydrate 49.5g

Dietary Fibre 5.4g

Sodium 23mg